




## GRAN PARADISO self-guided


You, your hiking boots and your map, we take care of the rest...





Founded in 1922, the first natural park in Italy and Europe, the Gran Paradiso National Park defines an impressive high mountain range furrowed by deep valleys. Created on the initiative of King Victor Emmanuel II to protect ibex, the park remains a safe haven and protective area for animals including: chamois, ibex, marmot, fox and vultures.

We propose an unusual circuit crossing some of the finest high mountain passes between the Valgrisenche and Valsavaranche with the imposing summit of the Gran Paradiso (4061m) in view. Seven days hiking, escaping civilisation to discover a universe shared between valleys, traditional pastures and high mountain wilderness.

 7 days

 Self-guided / without a guide

 With or without baggage transport

 Accommodation : Classic (dormitory)

 Level : \*\*\*

 From : 615€

### You will like

- Alpine scenery alongside vast glaciers
- Crossing high mountain passes and colourful flowery meadows
- The presence of an active pastoral farming culture
- Wildlife easily visible and well protected in the heart of the park
- The warm hospitality in Italian mountain refuges

# The route

## Day 1

Departure from Pont, Valsavarenche, in the Aosta Valley.

### **PONT - VALLON DE MEYES - EAUX ROUSSES**

Climb to the dry stone built hamlet of Paradis and Meyes then descend to the village Eaux Rousses. Night in a gîte, in dormitory.

5 hour walk / Elevation : +700m ; -1000m / 11km

## Day 2

### **LACS DJOUAN ET NERO - COL DE L'ENTRELOR - BRUIL**

Long steady climb without difficulty to Col de l'Entrelor (3023m) via the pastures and Lakes Djouan and Nero. From the mountain pass, view over the Grand Paradiso summit. Descend to Bruil village. Night in a gîte, in dormitory.

7 hour walk / Elevation : +1300m ; -1250m / 14km

## Day 3

### **VALGRISENCHÉ - REFUGE DE L'ÉPÉE - COL FENÊTRE**

Taxi transfer in the Valgrisenche to Refuge de l'Épée. Leave your baggage at the refuge, climb to Lake Tei then to Col Fenêtre (2873m). Return to the refuge.

4 hours walk / Elevation : +850m ; -100m / 6km to the refuge ;  
around 3h00 / Elevation : +/-500m / 6km from the refuge to col Fenêtre

## Day 4

### **LAKE SAN MARTINO - REFUGE BEZZI**

Traverse above Valgrisenche along the balcony trail opposite the Ruitor chain of mountains. Small detour possible to Lake San Martino at 2770m. Descend to the refuge Bezzi, at the foot of the glaciers. Night in a refuge **without luggage transport**.

4 hours walk / Elevation : +500m ; -600m / 9km

## Day 5

### **COL BASSAC DÉRÉ - LAKE GOLLETTA - REFUGE BENEVOLO OR FOND**

Trek alongside the Gliairetta Glacier. Climb to the Col Bassac Déré (3083m) and descend to Lake Goletta, under the Goletta Glacier then on to the refuge Benevolo.

5 hours walk / Elevation : +800m ; -800m / 10km

## Day 6

### **COL ROSSET - LAKES CHAVANEY - LAKE NIVOLET**

Cross the pastures and go up to Rosset pass (3023m). Go down to the Plateau Rosset via the lakes Chavaney and Lieta. Night in a refuge **without luggage**.

5 hour walk / Elevation: +850m ; -600m / 10km

## Day 7

### **VALLEY OF NIVOLET - PONT**

An easy crossing through pastures opposite the snow topped Gran Paradiso summit. Descend to Pont by the "Sentier des alpagistes" trail or via the Col du Grand Collet at 2800m.

2.45 hour walk / Elevation: -550m / 8km

4.5 hour via the Grand Collet / Elevation : +400m / -1050m / 10km

**End point at Pont in the afternoon.**

Personalised tour available, contact us...

# The trip

## LEVEL \*\*\*

Elevation: +/- 500 to 1300m average per day.

Walking time: 5 - 7 hours average per day.

Type of trek: Stony trails that take daily passes located between 2800m and 3000m altitude. Some passes are steep as well as several aerial or technical paths, mainly at the start of the season with the crossing of residual snowfields. The trails are relatively well marked except when approaching certain passes.

The route in general is well indicated, and the Roadbook provided sufficiently complete to allow you to hike in complete safety. However, it remains essential to know how to read the 1:25,000 map and to be sufficiently autonomous in the mountains to be able to approach the route confidently, whatever the weather.

You have to be in a general good fitness level. Please practice a cardio sport such as hiking, running, cycling, from 3 to 4 hours a week.

Your physical preparation will enable you to enjoy your trek to the maximum.

Please find the description of the levels by clicking here: [levels of difficulty](#)

## ROAD BOOK

One month prior to departure, we will send you your travel documents. We offer two roadbook versions:

The "paper" version we send by post:

- 1 IGC maps (n°102),
- 1 road book with all the necessary information for the hike,
- 1 card holder
- The list of accommodation.

The "digital" version is an application to download on your smartphone, accessible to each of the participants of the file. The information for downloading and using it is sent by e-mail.

## SIGNPOSTS AND WAYMARKS ALONG THE TREK

The route is marked with a yellow arrow and regular ground markings (in both directions).

The trails are identified with numbers.

It is preferable to know how to read a topographical map at 1/25000.

## BAGGAGE TRANSPORT

Two options:

**without baggage transport:** you carry your own bag.

**with baggage transport:** your baggage is transported daily (except day 4 and day 6) by our logistics vehicle.

## ACCOMMODATION

3 nights in refuge, in dormitory

2 nights in gîte, in a shared room

1 night in refuge, in a shared room

All accommodation offers hot showers.

## MEALS

Breakfast and dinner are provided in each accommodation.

Picnics are not included and can be pre-ordered at each accommodation in the evening.

Possibility to buy picnic supplies in small local shops (on day 2 in Breuil).

Please inform us about your food allergies and special diets **at the time of booking.**

*We do our best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.*

## PERSONALISED TOURS

We can personalise a tour according to your requirements (number of days, participants, level of route, accommodation, etc.)

## MAPS

Instituto Geografico Centrale:

n°102 VALSAVARENCHÉ, VAL DI RHEMES, VALGRISENCHÉ

## Practical information

### DEPARTURE

Daily departure from end of June to mid September.

### ACCESS TO DEPARTURE POINT

**Meeting point at the parking in Pont to collect your luggage.**

#### BY TRAIN

TO AOSTA VIA TURIN OR  
TO CHAMONIX VIA PARIS

Inbound: depart Gare de Lyon (Paris) the day before at 12:45pm arrive in Chamonix at 7:50pm.

Night train: depart Gare de Lyon (Paris) at 11:06pm arrive in Chamonix at 09:50am.

Return night train: depart Chamonix at 6:14pm arrive in (Paris) Gare de Lyon at 06:18am.

*Times given are indicative and should be verified at a train station or at [www.oui.sncf](http://www.oui.sncf)*

#### BY BUS

VIA CHAMONIX

From Chamonix to Aosta by [SAT bus](#).

VIA AOSTA

By Turin then Aosta. From Aosta, the Savda buses take you 3 times a day to Pont (1h30 journey).

Two successive bus lines will take you to Pont from Aosta :

1 - Line 514: [Villeneuve / St-Pierre / St Nicolas](#)

2 - Line 611: [Villeneuve / Valsavarenche](#)

#### BY CAR

VIA THE MONT-BLANC TUNNEL

Take the A40 motorway towards Chamonix, follow signs for Milan and take the Mont-Blanc Tunnel to Italy (58€ return)

[www.atmb.net](http://www.atmb.net)

Follow signs for Courmayeur/Aosta (signed blue), then direction Introd and Valsavarenche, 3kms after the village Aviez continue to to the end of the valley to arrive in Pont.

VIA THE COL DU PETIT-SAINT-BERNARD

From the southern regions of France take the A43 motorway to Chambéry, the A30 to Albertville and follow direction Bourg St Maurice. Follow signs for Col du Petit St Bernard and Italy (a very good mountain road) passing through La Thuile to Pré St Didier. Follow signs for Aosta (signed blue), then direction Introd and Valsavarenche, 3km after the village Aviez continue to to the end of the valley to arrive in Pont.

**End point at the parking in Pont to collect your luggage.**

### ACCOMMODATION BEFORE AND AFTER

Chamonix - Hôtel de l'Arve : +33 (0)4 50 53 02 31

Hôtel Vallée Blanche: +33 (0)4 50 53 04 50

Chamonix Tourist Office: +33 (0) 4 50 53 00 24

[www.chamonix.com](http://www.chamonix.com)

Hôtel Gran Paradiso: +39 01 65 95 454

Hôtel Genzianella: +39 01 65 95 393

Aosta Tourist Office: +39 01 65 23 66 27 [www.aoste.ialpes.com](http://www.aoste.ialpes.com) [www.lovevda.it](http://www.lovevda.it)

### CONTACT US

If you are late please contact the agency as soon as possible: +33 (0)4 50 79 09 16 or +33 (0)6 42 49 76 07

# Dates & prices

## DEPARTURES AND PRICES

Departure from end of June to mid September 2024

7 day tour, classic.

### **Without luggage transport, daily departure**

**690€/pers.** for a group of 2, classic accommodation

**675€/pers.** for a group of 3, classic accommodation

**645€/pers.** for a group of 4, classic accommodation

**625€/pers.** for a group of 5, classic accommodation

**615€/pers.** for a group of 6, classic accommodation

Single person supplement: **+150€**

### **With luggage transport (except on Day 4 and Day 6), departure on Saturday**

**830€/pers.** for a group of 2 or 3, classic accommodation

### **Other departure**

**960€/pers.** for a group of 2, classic accommodation

**885€/pers.** for a group of 3, classic accommodation

**790€/pers.** for a group of 4, classic accommodation

**740€/pers.** for a group of 5, classic accommodation

**705€/pers.** for a group of 6, classic accommodation

### **With luggage transport (except on Day 3 and Day 6), departure on Saturday**

**830€/pers.** for a group of 2, classic accommodation

**830€/pers.** for a group of 3, classic accommodation

**790€/pers.** for a group of 4, classic accommodation

**740€/pers.** for a group of 5, classic accommodation

**705€/pers.** for a group of 6, classic accommodation

**Information and booking by telephone or email.**

## THE PRICE

### The price includes:

- Half board from dinner of day 1 to breakfast of the last day ;
- 1 roadbook paper file for the group and the digital version to download for each participant;
- Luggage transport, if you have chosen this option (except on Day 4 and Day 6) ;
- Transfer on day 3 (Bruil >> Valgrisenche)
- Tourist tax ;
- Organisation and booking fees.

### The price does not include:

- Picnic lunches ;
- Personal expenses, drinks, touristic visits, etc.;
- Luggage transfer on Day 4 and Day 6 ;
- Go and Return transfer Chamonix/Pont ;
- Travel/ cancellation insurance

# Equipment and baggage

## EQUIPMENT LIST

### Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

### Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

## BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

## BAGGAGE TRANSPORT

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person**. Your baggage will be transported daily, except on day 6, between accommodation by our logistics vehicle where access is not always easy.

**Baggage which is too big and too heavy won't be accepted by the drivers, please think of their backs!**

**On nights 4 and 6**, your luggage won't be dropped off at your accommodation (you will get it back the day after). Here are the things to bring with you (about 2 kilos are enough!):

- small toiletries bag
- sleeping bag liner sheet
- change of clothes for the day after (bare necessities!) and comfortable for the evening.



## HOW TO REGISTER

- By internet: [www.altitude-montblanc.com](http://www.altitude-montblanc.com)

- By telephone: +33 (0)4 50 79 09 16

- By post: Please provide your details

- Surname, First Name, Date of birth
- Address
- Email
- Telephone
- Mobile

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc  
62 Passage du Nant Devant  
74110 MONTRIOND  
FRANCE

Please specify whether you wish to take out an optional cancellation insurance (4.2% of the tour price).

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 30% in association with your account details at Altitude Mont-Blanc ('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.  
The balance must be paid one month before departure without a reminder from us.  
For self-guided tours, we will then send your tour pack (inc. maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.



## Registration by mail form

Last name:

PRENOM:

Date of birth:

Address:

Phone number:

Mobile phone number:

Email address:

SEJOUR DEMANDE:

Number of days:

Insurance:

Price:

x 30% =

Deposit

Locality where signed:

Date

Signature:

A large, light gray rectangular box intended for the user's signature.

Return with your deposit to:  
Altitude Mont-Blanc, 62 Passage du Nant Devant, 74110 Montriond, FRANCE